

# Muscle Mass Workout Great Pump

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<b>Workout 1</b>												
<b>Legs/Abs</b>												
Squat 4 X 5-8 rep												
Single leg press 3 X 5-8 rep												
Leg extension 3 X 12-16 rep												
Deadlift 4 X 5-8 rep												
Hamstring curl 3 X 12-16 rep												
Hanging leg curls 3 X failure												
Russian twists 3 X failure												
<b>Workout 2</b>												
<b>Chest/Tricep &amp; Calves</b>												
Bench Press 4 X 5-8 rep												
Incline Bench 3 X 5-8 rep												
Cable crossover 3 X 12-16 rep												
Incline cable or dumbbell fly 12-16 rep												
Seated Calf raise 4 X 12-20 rep												
Standing or leg press calf raise 4 X 12-20 rep												
<b>Workout 3</b>												
<b>Back/Bicep &amp; Abs</b>												
Barbell row 4 X 5-8 rep												
Lat pull down 3 X 5-8 rep												
Close grip pull down 3 X 12-16 rep												
Straight arm pull down 3 X 12-16 rep												
Ez bar curl 4 X 5-8 rep												
Dumbbell incline curl 3 X 12-16 rep												
Single arm cable curl 3 X 12-16 rep												
Crunch 3 X failure												
Lying leg raises 3 X failure												
<b>Workout 4</b>												
<b>Shoulders/Traps &amp; Forearms</b>												
Dumbbell shoulder press 4 X 5-8 rep												
Lat raise 3 X 12-16 rep												
Cable front raise single arm 3 X 12-16 rep												
Rear delt fly cable or dumbbell 3 X 12-16 rep												
Dumbbell shrug 3 X 12-16 rep												
Forarm curl 4 X 12-16 rep												
Reverse forarm curl 4 X 12-16 rep												

Track the weight you use and the reps each week.